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STRETCHING THE NEW SUGAR ALLOWANCE

With home canning so urgent, it is important to translate the OPA May 1 press release on a cut in the sugar ration into "use" terms. The allowance for home canning announced in February had to be cut 25 percent. A maximum of 15 pounds of sugar per person, or not more than 120 pounds per family, will be allowed for home food preservation. Within the 15 pounds per person, not more than 5 pounds can be used for making jelly, preserves, and pickles. Families should be encouraged to can as much fruit as possible, stretching their sugar allowance by canning some fruits without sugar, using not more than one-half cup per quart of fruit when sugar is used, and using honey or corn sirup for part of the sugar for some fruits. Drying fruits may well be stressed as another way to save sugar. The need for putting up fruit this summer cannot be overemphasized. The cut in the sugar ration should be minimized by pointing out how far the present sugar-canning allowance will go.

"CIVILIAN FOOD IN WARTIME"

The March issue of Consumer Education Service, sent with the March News Letter, was intended to provide background material on the civilian food supply that could be used in many ways. Much of the discussion and many of the answers to consumers' questions will not change for some time. The civilian quota of specific foods may change at any time; examples are the new sugar ration discussed above and the reduction in the meat supply. The daily press and the radio are sources of current information on the civilian food supply. We hope you will use these sources to keep the content of "Civilian Food in Wartime" up to date. We hope also that county and local committees will report to State Nutrition Chairmen the ways in which this material has been used in educational programs. The State Chairmen could then report to the Nutrition Programs Branch.

OBJECTIVE EVIDENCE OF VALUE TO SCHOOL LUNCH PROGRAM

Much has been written about the benefits of school lunches to the children who receive them. Many of these statements have been subjective observations - "testimonials" of enthusiastic supporters of the program. Scientific, objective studies to determine changes in nutritional status, which are actually due to school feeding are not easy to make. They require a technically trained staff, special equipment, a considerable period of time and, in some types of studies, a control group of children who do not receive the lunch. Most changes in nutritional status that can be credited to one good meal a day, 5 days a week, during the school year, come about slowly. And even children who do not get an adequate diet seldom fail to grow; this complicates the picture.

In view of the value of scientific evidence and the difficulty of obtaining it, careful evaluations of results of school feeding are gratifying. Following are the highlights of two such reports:

(1) "School lunches in two rural communities"—S. Car. Exp. Sta. Cir. 66, Nov. 1943. From fall of 1940 to spring of 1942, a study was made in two rural elementary schools of children receiving two types of school feeding: (a) surplus foods, no hot lunch; (b) well-rounded hot lunch. From one-third to one-half of the day's food needs were provided by the hot lunch. Changes in height-weight-age status of children were observed for entire period. Hemoglobin levels were noted of children under 12 years of age, at beginning and end of study. Children who had the good lunch at school made better progress in growth than those who received only supplementary foods at school. The child specialist who examined children at both schools found that a higher percentage of those receiving the lunch of high nutritive value showed signs of good nutrition than of the group receiving no complete lunch.

(2) "Relation of the school lunch to child health and progress"—1943 Fla. Exp. Sta. Rpt., pp. 67-68. Over 1,200 children in 9 schools in 2 Florida counties were examined in 1942. Records of quality of breakfasts and suppers at home and of school lunches were obtained from over 600 children in 6 of these schools. Children in 2 schools having lunch programs were selected for study and special attention. Children in a third school, having no lunch program, served as a control group. . . . In school No. 1 children having gross symptoms of malnutrition were given corrective medical treatment and vitamin and iron concentrates to supplement the lunch of good nutritive value. In school No. 2, children also had a good lunch and those who were anemic at the beginning of the term were given iron and liver concentrate. . . . The effects of better nutrition in school No. 1 were shown by unusual increases in physical measurements, developmental age, improvement in general health, school attendance and progress, and marked decrease in anemia and gingivitis. Children in school No. 2 showed general improvements but to a less marked degree; also at the end of the year there were no anemic children and only a small percentage had abnormal hemoglobin values. . . . In addition, in these two schools the demonstration to the mothers of the value of good nutrition was an outstanding accomplishment.

NOTES FROM THE FIELD

HAWAII—At the April meeting of the Territorial Nutrition Committee, movies, displays, materials, and other visual nutrition aids available for loan to clubs were displayed. Slides showing cartoons accompanied by jingles have been prepared by the committee and are now being shown in a number of movie theaters. The committee is also sending a letter to all agencies and clubs in Hawaii urging them to join the Food Fights for Freedom campaign by devoting at least one meeting during their coming year to some phase of nutrition as it relates to the general health of the community. The committee will aid any group to arrange for movies, displays, or speakers.

OKLAHOMA—A survey made by the Kiowa County Nutrition Committee showed that fully one-fourth of the school children were coming to school without any breakfast, and less than one-half of the

2,253 children questioned were having an adequate breakfast. These answers proved conclusively to the Nutrition Committee that there was need for some effort on their part to improve this condition. Cooperation of the Mayor, parents, and civic leaders was asked. The week of March 18 to 24 was proclaimed by the Mayor as "Better Breakfast Week," to stimulate the interest of everyone in eating a good breakfast.

The Kay County Nutrition Committee recognized the need for increasing interest in "Eating a Good Breakfast" as one of their major nutrition problems. The committee launched a program to reach every family in the county with a breakfast campaign February 11-17. Talks, window displays, distribution of pamphlets, announcements of the week, nutrition movies, newspaper articles, presentation of score cards for checking a "good breakfast," and group visiting were the "order of the week." A "grand total" of 2,675 individuals, including school children, members of civic and women's clubs, and parent-teacher and youth groups, were reached directly.

Two faculty members of the University of Oklahoma School of Home Economics have prepared a broadcast skit on enrichment. This skit is available to county and local nutrition committees in Oklahoma.

NEW YORK CITY—By way of laying the foundation for a strong and active nutrition program in the post-war period, the New York City Food and Nutrition Committee prepared a constitution with by-laws, which was adopted in March. Changes to conform with the governing policies adopted were made in committee organization. Under the by-laws the activities of 96 agencies interested in nutrition, public health, and social welfare were coordinated in this one committee for the purpose of unified effort. The planning board of 12 members was elected with due consideration for including representation of interested lay people, the 5 boroughs, and persons actively working in nutrition who represent public and private agencies and allied professional groups.

The objectives of the committee are to serve as a clearing house for nutrition programs and activities in the city of New York, and achieve better nutrition for the people of New York City, by:

(1) Helping to arouse public consciousness of the importance of good nutrition;

(2) Promoting and strengthening essential nutrition services, and initiating and promoting any new services needed;

(3) Preventing needless duplication of nutrition services;

(4) Bringing into active cooperation the agencies and individuals interested in nutrition; and

(5) Affiliating with State and Federal nutrition committees or programs.

OREGON—When the Farm Labor Department of the State Extension Service conducted a caravan tour of western Oregon counties to present new ideas on labor-saving methods and equipment, the State Nutrition Committee cooperated by providing a nutrition exhibit. It consisted of 2 bulletin-board panels, a good packed-lunch display, and nutrition movies. The executive secretary was in charge of the nutrition films and talked to groups about food habits, packed lunches, and other nutrition topics. In each county a local woman was trained to help with the exhibit. The caravan made 21 stops and reached about 12,000 people.

The State Nutrition Committee has issued a Food Habits Check List and a Nutrition Quiz for the use of the county and local committees.

CALIFORNIA—The State Nutrition Committee of Northern California reports its contribution to the health education session of the San Francisco Teachers' Institute held in March. On the one day of the institute devoted to health education, nutrition was featured. By means of an exhibit and preparation and distribution of a kit of materials, attention of the 200 teachers present was called to Government publications and posters on nutrition, the Walt Disney posters, a printed bibliography of nutrition books available in the libraries, as well as nutrition literature available from commercial concerns. Materials were also displayed from all agencies and universities that have done work on nutrition education in the elementary schools. In addition to the nutrition committee, representatives of the Tuberculosis Association, Heart Association, Dental Association, and the Community Chest were asked to participate.

When the PTA in the town of Banning, Riverside County, was arranging for an evening mass meeting, the Nutrition Committee of Southern California was asked to help secure speakers. The program gave special emphasis to nutrition edu-

cation through the school lunch program, other nutrition subjects, and the danger of undulant fever and tuberculosis from the use of raw milk. (In Riverside County raw milk can be served in public eating places.) Announcements of the meeting in the newspapers drew nearly 100 people, some of them from nearby towns.

PUERTO RICO—Script for a motion picture film on nutrition in Puerto Rico is being prepared with the help of two representatives of the United States Department of Agriculture and through the cooperation of the different agencies represented on the Nutrition Committee. Staff members of the Extension Service, Farm Security Administration, and Vocational Agriculture are selecting the families to be used as "actors" in the film, and are choosing the places where the different scenes will be taken.

COLORADO—The State Nutrition Council has expressed the opinion that much of the success of their nutrition program is due to the untiring efforts of several standing committees.

The work of the Film Committee is one example: The chairman of this committee and her committee members preview and write short descriptions of nutrition films, to encourage the use of audiovisual educational material. Three lists of recommended, available nutrition films had been prepared by this committee as of February and distributed to all members of the State and county nutrition committees. A card file of all films reviewed is kept so that the committee can quickly answer any questions regarding type, size, availability, and recommendations regarding any film. Efforts are being made to have more films available in the State.

The Industries Committee, through continued efforts of the chairman, has the following record of accomplishment: With cooperation of the Mountain State Telephone & Telegraph Co., the committee has carried the message of good nutrition to 58,000 Colorado industrial employees and their families. Each month the advertising department of the telephone company prepares an attractively illustrated article on good nutrition for their employees' magazine. This reaches 15,000 families in the 7 Mountain States. Mats and proofs of the articles are sent to 14 of the larger Colorado industrial concerns, for use in their employee magazines. In addition, 36 in-

dustrial concerns that do not publish employee magazines are sent reprints to post on their bulletin boards.

The Exhibits Committee provides still another example of what a standing committee can do. Its list of recommended available materials has proved useful to county nutrition committees in setting up exhibits and displays and arranging for discussions, talks, demonstrations, and other educational activities.

The work of the Library Committee was described in October 1944 News Letter.

MINNESOTA—The School Lunch Committee of the State Nutrition Council, with the cooperation of the State Department of Health's Division of Sanitation and Preventable Diseases and the State Department of Agriculture, Dairy, and Foods, has prepared a mimeographed publication, "A Guide to School Lunch Sanitation." This material has been sent to all schools having school lunch projects and to all county and city nutrition committees, home economics instructors, home demonstration agents, Farm Security supervisors, Public Health nurses, and Public Health engineers. The points covered—health and personal hygiene of the workers, food handling, water supply, garbage disposal, and dishwashing—are considered as goals which schools are trying to reach.

WASHINGTON—Participants attending the Institute for School Lunch Room Cooks, at the Washington State College, January 19-20, voted the demonstration on the school lunch, the week's menus, and the time and motion studies the most helpful and interesting parts of the program. They recommended that similar institutes be held for other school lunchroom cooks, preferably in the fall. They suggested that the institutes should be longer, with more time allowed for discussion groups among the cooks. Menus and recipes were voted the most helpful material in the kit given to each participant.

The institute was a cooperative project sponsored by the State Nutrition Committee, State College of Home Economics, Extension Service, State Office of Public Instruction, and the State Home Economics Association. Four similar institutes have been held in other sections of the State, bringing the total attendance to 445 school lunch cooks. As a result of this response, an institute for cooks and cooks' helpers will be held the first 4 weeks of summer school at the State college.

KANSAS—To stimulate gardening for good nutrition, the Wilson County Nutrition Committee has planned a model garden project a mile from the county seat, on the main highway. The garden was plowed last fall to conserve moisture and rid it of old, insect-harboring plants; this spring it was plowed and fertilized. Only seeds especially selected for maximum germination will be put into this ideally mellow planting bed. Vegetables not usually grown in the community, as well as old favorites, will be planted. The Nutrition Committee will put up signs along the highway and obtain all possible newspaper publicity to encourage people to visit the project. Last summer this garden produced enough food for three families.

MISSOURI—The Howard County Nutrition Committee decided upon regular dates for 1945-46 meetings and set up the following goals for the year's program of work:

- (1) Sponsor summer canning project.
- (2) Work toward decreasing and preventing undulant fever in county by:
 - (a) Sponsoring effort to have all cows in Fayette tested for Bang's disease and tuberculosis;
 - (b) Urging monthly bacterial test of dairy milk;
 - (c) Recommending home pasteurizing.
- (3) Stimulate interest in hot-lunch program.

NEW MATERIAL—(Sample not enclosed)
"Food for Two," AIS 21. A folder by the Bureau of Human Nutrition and Home Economics. Contains practical guides to food buying and meal planning, sample menu plans, and week's shopping list. Popularly written, for the young couple on a moderate income. Will be available from regional offices of WFA. In press.

Sincerely yours,

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